Also by Dr. Afrika

The Gullah People
Nutricide

AFRICAN HOLISTIC HEALTH

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REVISED AND EXPANDED 7TH EDITION

- Disease Remedies
- Wholistic Sex Laws
- AIDS & Herpes Treatments
- Cocaine Detox
- Foods to Avoid
- Recipes
- Relationships
- Self Diagnosis
- Complete Remedy Guide for:
  - Herbs
  - Amino Acids
  - Homeopathics
  - Vitamins and Minerals

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Seduced by Ignorance and Research

Research should be used to find the art and science of a subject in order to find out the facts. However, research as used by Caucasians has other meanings.

Caucasians have an over abundance of research projects and institutions and devote large sums of money to them. When you research any subject it means that you lack knowledge about the subject. In other words, you are ignorant of the subject. In this case, we have a civilization (European) that is ignorant.

African civilization did not and has not lacked knowledge. Ancient Africa was the first civilization that used its vast knowledge base to holistically master technology and medicine. The major problem that the Caucasians have with African functional research is that it is holistic. It is written by using words as structural, mental and spiritual symbolism called homonyms. The African spiritually based organic rhythmic conceptualized science is difficult for Caucasians to comprehend. Caucasians have devised a way to acculturate, translate and fragment African science so that they can understand it. They call this fragmented translation "Research." They use non-holistic laboratory studies, statistics and experiments to understand African holistic functional research. It is obvious that the Pyramids took functional research established over 5,000 years before they were built. In other words, the research era in Africa was over and only products of past research appear such as the Pyramids of Giza. The functional research for holistic medicine was arrived at long before the ancient text (papyrus) was written.

Written documents are evidence that African functional research was done holistically. The Turin papyrus is 54,000 years old (11^{th} to 12^{th} Dynasties). The 12^{th} to 13^{th} Dynasties include the Ramesseum papyrus and the Kahun papyrus. These papyri reveal high levels of holism. The 19^{th} Dynasty has the Chester papyrus and the Berlin papyrus, which has functional research. The Ebers and Edwin Smith papyri are full text, comprehensive and are used more and more by holistic medical scholars.

The creation and introduction of medical terms is African. These papyri and other writings gave the world these terms: kidney, saliva, dura mater, sarrow, testicles, buccal cavity esophagus, brain, throat, tongue, bile urine, uterus, vulva, stomach, ear, intestines, trachea, lung, spinal cord, heart, eye, disease, rectum diaphragm, labia, vagina, perspiration, liver, gall bladder, baldness, muscle, cerebrospinal fluid, spleen, air, obesity, bone, abdomen and many other terms. This indicates that pre-historical research was done and knowledge was obtained by Africans.

The constant demand of Caucasians for scientific proofs, statistics, research rituals and ceremonies and documentation is their search for a ritual

and ceremony that allows them to get knowledge. Once the knowledge is translated and applied in a scientific way, Caucasians label the research "modern" or a "recent discovery." This word, "modern" is the new word for stolen information and makes you forget that the research was already done by Africans. Most of the Caucasian research is redecorated knowledge that was raped from Africa. They use chemical acrobatic laboratory rituals and ceremonies to disguise the rape. Their science is a form of information colonialization of science, White Supremacy and cultural bias. The Caucasians have discovered science in the same way that they discovered America. They invaded the ancient African Egyptian science knowledge, raped, pillaged and burned ancient African textbooks. They call African science primitive, then take that same science, give it a new name and call it a modern discovery. They seduce themselves into believing that gynecology, ophthalmology and other medical sciences are modern when in fact, Athotis, the son of Mena (circa 3,000 BC), wrote an encyclopedia of medicine that included these subjects. To compound this ignorance, non-Holistic, White racist historians such as Diodorus, Strabo, Herodotus and Monetho personally reported on the research of ancient Africa. However, this fact is ignored by "modern" day Caucasian scientists and historians. These cultural spies (historians) helped to create the present historical ignorance. Caucasians in search of knowledge have invented a new ignorance called "research" and have become seduced by their own ignorance.

Research institutions and projects are not simply operating in the quest of truth and knowledge. Research is funded and politically manipulated by the monies of the Drug and Junk Food companies and the military. Research has become a business that operates to stay in business. It operates similar to the automobile business. Each year, they produce a new model car (i.e. unproven new technology or research finding) in order to increase profits. For example, the United States of America is not a country. It is a business. Slavery was not a crime. It was a business. When chattel (chains) slavery ended, the ownership of the non-chattel slavery business was transferred from individual slave masters to the United States as slave master. It was a larger business (United States) taking over smaller businesses. The word "Emancipation" means transfer of ownership. Slaves were emancipated, not freed. The profit from non-chattel slavery is a perpetual economic inheritance, the same as the profits from research and profits of the disease industry. Diseases such as AIDS and Cancer are no longer diseases. They are businesses. The research and disease business are the new Slave Masters and the consumer is the slave. It is a continuation of slavery (African knowledge and health slavery). People are seduced into believing that research is pure and an honest branch of science. It is not and will not ever be that. It is a business. A pure science cannot come from society sick with White Supremacy psychosis. You cannot get a straight piece of wood (pure science) from a crooked tree (White Supremacy). Science is a language of White Supremacy. Research has to be evaluated based upon Ma'at holis-

ties and African-centeredness before it can be African acculturated and used.

An African-centered scientist must use African-centered research in its fullness in order to recover, sustain and maintain the health of our race. African health practitioners and teachers should use Ma'at culture and holistic health practices as part of their lives. The disease treatment methods and healing practices use African rituals and ceremonies that perpetuate the culture. Culture provides the language that enables you to spiritually, mentally, emotionally and physically modify a health treatment method (make it so-called modern). The rationale (cause/effect) for disease has to mirror culture. Disease, as explained and defined by African peoples is based upon a mixture of the past, present, future and ancestors. Research into African Ma'at healings and healers reveals and defines truth.

An illness occurs when an individual's wellness changes from the culture's normal standard to a state that cannot adapt or conform to wellness. Normal or ill health standards have to be consistent with and reflect the culture. Wellness cannot be based upon an assumed truth. Truth is people and people are culture. Truth is not an abstract idea or a scientific laboratory experiment generated concept. Truth is an agent of a culture. Healers are agents of a culture. If the African healers mix and accept an alien culture's wisdom (Caucasian), certification and accreditation then African healing science and art becomes diluted and alien to Africans. An African that changes any aspect of an African healing modality is performing a delicate surgery. One slip of the cultural surgical knife (error) can cause African culture to become colonialized and/or diseased. Making a change in treatment is like digging a well for water. You have to dig deep into African cultural soil to reach an underground stream of fresh water—a new African healing modality. Ma'at guided research is a way to dig into African healing systems. However, Caucasian research methods are controlled by the political, economic and military industrial motives of the funding source. In many cases, their research outcomes are dictated to their scientists as well as research and data altered in order to satisfy the economic sponsor. This makes the research itself dubious. It is essentially not about discovering truth but discovering more power over the minds and bodies of the consumer. It is a research that uses scientific language to seduce you into a state of ignorance called knowledge, facts and proofs = day-information. In order to clearly understand science as culture, you must first examine the quality of day-to-day life of the children, elders and parents. If the people are abusive, exploiters, violent and deceitful, then their science will be abusive and deceitful. Science is people. People are science. A science cannot be more advanced, perfect, or purer than the people that created it. Therefore, the research done by a Caucasian scientist is merely another reflection of the Caucasian people's behavior, morality and ignorance. Health research redecorates Caucasians primitiveness with science language and seduces them into more ignorance. Caucasians search or research for something that is not lost or they are always discovering something that has already

been found (discovered), i.e., Caucasians believe they discovered America—a land already occupied and found by Indians.

Black folks should not blindly accept Caucasian research. They must scrutinize it for truth, evaluate it based upon Ma'at and translate it. The key to making an evaluation is to attach people (culture) to the subject. Music, mathematics, religion, biology, chemistry, words, art and research is people (culture). These subjects have to be directly connected to people in order to understand the subject. For example, words such as "snack food" is not merely a food item, it is people in another form. The ancient Caucasians (cave dwellers and those too uncivilized to live in caves) had food shortages due to famines and the Ice Age. Consequently, they stole food from each other in order to survive, they snatched food—snack food. The words "snack food" reflects people, people (culture) make research valid and alive. Their research is their culture and satisfies the needs of their culture. Caucasian research was not and is not done to benefit or serve African peoples.

RACES OF HUMANS

Races are classified based upon Melanin content of the body.

RATED	COLOR	RACE
6(Highest)	Black, Blue/Black (Highest Melanin Content)	Africans (Melanin is Selenium Centered)
5	Black/Brown, Brown	Native Indians (Mexicans, Malaysians, etc.)
4	Brown, Red	Native Americans, Japanese
2 and 3	Yellow, Mixed, Mixed Brown	Orientals
1(Lowest)	White	Caucasians (Melanin is Sulphur Centered)

The Caucasians' medical research was used to set norm values, calibrate machines and measuring devices based upon their science mythology (theories), cultural norms and the biochemistry of the White race. The Caucasian rate themselves as the race with the least melanin, vitamin and mineral content. When a Black person's blood chemistry is at the Caucasian normal (healthy) level, they are subclinically sick.

Health standards are based upon the Caucasians as well as medical laboratory, normal values, daily recommended allowance of vitamins and minerals, therapeutic dosages of herbs and drugs, baby's formulas, disease reactions, human growth and development schedule, and brain activity. Their psychology is based upon mythological people (Greek fairy tale; Oedipus).

The Overlooked Revolution

There is an overlooked revolution in Black worldwide culture. Socially, Black people have protested, marched, rebelled, voted, sang, and cried for a revolution for Black Nationalism, freedom, justice, self-identity, self-destiny, equality and the reaffirmation of African medical treatment concepts. Today, Blacks are totally enslaved by another culture's (Caucasian) diet and medical system. They have become a Black Nation of Nutritional Uncle Toms who are denied the Human Right to practice their culture's medicine (i.e., denied insurance coverage for herb and folk medicine). An African health practitioner is denied the legal right to practice and is considered unscientific.

The Africanization of Caucasian culture has occurred in Black culture. For example, Africanization of English has resulted in the Negro Dialect, Africanized European music resulted in jazz, Africanized religious music resulted in Gospel, the Africanization of the waltz resulted in the jitterbug and the impact of this African thrust has caused Black (African) Studies in colleges. The reclaiming of African clothes and garments, hairstyles (cornrows), languages, names, and history has demonstrated the extent of the social revolution. Yet one major step has been overlooked in this process: the reclaiming of African herbal medicine and a natural whole foods diet and lifestyle.

Wholistic thinking is the key to understanding Caucasian cultural bias and White racism as applied to diet and medicine. Wholism means that everything (i.e., air, water, fire, earth, electricity, colors, metal) has a form (physical body), intelligence, and spirit energy state. This wholistic concept was a part of African cultures that existed before the Sahara Lake became the Sahara Desert. In any case, European cultural bias and racism has contaminated and distorted African medical and dietary writings. In fact, all Chinese, Japanese, and Hindu cultures and their forms of yoga, meditation, exercise, diagnosis, and treatments are biased in that they accentuate their own cultural frame of reference and disregard that the source of their science and art is Africa. African civilization (frame of reference) was built on a Ma'at approach to natural foods, wellness, diet and herbal medicine. Blacks who accept Caucasian science as the only true science are whitewashed. Black folks who do not use their own culture's healing art and science are addicted to Caucasian culture. They are accepting the fact that African culture produced calculus, psychology, bureaucracy, biology, medicine, astronomy, algebra, architecture, alchemy and anatomy while at the same time emotionally rejecting the African wholistic diet and medical art and science. They are practicing self-hatred on subconscious levels and ignoring the obvious facts on a conscious level.

The medical writings of Imhotep (Egyptian God of Medicine) are the oldest medical documents written. Imhotep's books were stolen from Africa and are presently at Karl Marx University in Leipzig, Germany. Imhotep wrote over ten volumes on holistic treatments, diets, and foods over 2,000

years before Hippocrates (European father of medicine) was born. Part of Imhotep's principles appear in *The Canon of Medicine*—medical books written by a Black Muslim, named Avicenna, who used Islamic culture. He and another Black Muslim, named Rhazes, influenced European medicine. In fact, Rhazes wrote about a hundred medical books that utilized natural foods, herbal remedies, and diets. All major European medical schools used his books extensively in the 15th and 16th centuries. Of course, the aforementioned works are distorted and contaminated by the Islamic culture of the authors and racist biases of the European translators. Nonetheless, the African wholistic natural foods and herbal concepts were clearly in their works.

Europeans' cultures and science use good (drug medicine) against evil (bacteria, virus) fragmentation or the so-called analytical concept. In other words, they separated the mind, the body and the spirit. Caucasians treat the mind in a psychiatric clinic; the spirit in a church, and the body in a hospital while African science includes the spirit, mind and body, present, past and future as a whole—wholistically. In fact, orthodox Caucasian science does not include the spirit's affect upon the body, mind, diet, wellness or disease. Caucasians do not see culture as the foundation for the healing art and science.

Culture creates the individual and family. It provides the rewards, punishments, and values for an individual's emotional, mental, physical and spiritual personality. Culture serves the individual and individual serves culture. An individual's healing art and science serves their culture. A wholistc foods or medicine book written from a Chinese, Japanese or Caucasian cultural perspective is unacceptable to Black folks' cultural needs. There is not one institution (science, medicine, mathematics, physics, chemistry) in Caucasian culture, which has not become wet with White racism from soaking in over 3,000 years of White Supremacy. Caucasians wholistic health and medicine needs White Supremacy detoxification and therapy. Many obvious facts point to the need to abandon Caucasian culture's wholism other than the Predatory White Supremacy Psychosis involved (*see* White Racism Addiction).

The mindset of Caucasians with Predatory Militaristic White Supremacy Psychosis is a thought process in which the Caucasian believes good and evil are tools to use to manipulate and control Africans. Evil is created and maintained to control good; good is created only to control evil. Within good, there is evil and within evil, there is good. Good and evil are mixed together as one. Evil (slavery) is rewarded with good (wealth). Good (wealth) is punished with evil (embezzling, robbery, stealing of money, etc.). Good is used to terrorize (forcing the Caucasian rules and laws upon Africans) and then bad (racial profiling, racism,discrimination, etc.) is forced upon Africans for following Caucasian good (rules and laws). Africans must keep in mind that you do not protest, vote, demonstrate or march to get rid of a mental illness (psychosis). Mental illnesses require therapy. When Blacks do not believe psychotherapy is needed to treat Caucasians with the psychosis, it indicates that the African has Co-Dependent Addiction to White Supremacy Psychosis. Africans cannot overlook China's mental illness, called Heroin Addiction,

which was treated successfully. The mentally ill either got treatment or were killed. Needless to say, they were 100% successful in solving the mental illness (drug) problem. Britain forced Heroin on China, which resulted in the 1839 Opium War.

Blacks have specific biochemical, nutritional and dietary needs. These nutritional needs arise because Blacks are Melanin dominant and have specific bodily differences as compared to less Melaninated races. For example, over 70% of Black people (worldwide) cannot digest cattle milk. In addition, the intestinal florae (bacteria, virus, fungus and yeast) that naturally live in Black people's intestines are unique to Blacks. Subsequently, Blacks assimilate food in the intestines differently as Melanin improves the efficiency of carbohydrate digestion. Despite centuries of eating a non-AFrican diet and living in Caucasian controlled countries outside of Africa, the Africans intestinal florae remains the same as it was in their ancestors' stomachs 2,000 years ago in Africa. Melanin (black color pigment) is obviously most abundant (dominate) in Blacks. This melanin aids in protecting Blacks from the ultraviolet rays of the sun. It also increases the speed and storage of nerve and brain messages. Africans have the largest mid-brain and have more harmony between the left and right hemispheres of the brain, more fast twitch muscles, and the highest amount of vitamins and minerals in the body as compared to other races. The Black woman's vagina is longer, the minor lips of the vagina are larger and breastmilk has higher nutrients as compared to women of other races. The Black woman's birth canal is the most efficient and sealed tighter. Black people's blood crystallizes differently from Caucasians' blood. These are some of the many reasons why Blacks have a unique biochemical, nutritional, medical and dietary need (*See* Anatomy Chart).

Traditional African Diet

Fiber	8 times higher than Caucasian processed food diet
Sodium	1/6th of processed food diet
Calcium	7 times higher than processed food diet
Phosphorus	5-8 times higher than processed food diet
Vitamins	Higher levels of water and fat-soluble vitamins
Sunlight	80% more sunlight stimulation for the Pineal Organ (so-called gland)
Water	90% higher water intake
Vegetables and Fruit	85% higher and organic
Meat	15% organic animal flesh (includes insects) was eaten during cultural and health decline
Breastmilk	Cow's milk is indigestible, causes colds, allergies, diseases and mood swings

Milk

	Human	Cow (Not for Humans)
Protein-total %	1.0 to 1.5	3.5 to 4.0
Casein % (main protein in cow's milk)	50	82
Whey % (watery part of milk contains lactose, vitamins, minerals, lactalbumin, fat)	60	18
Calcium-phosphoric ratio	2:1	1.2:1
Vitamin A (per liter)	1,898	1,025
Niacin (mg. per liter)	1,470	940
Vitamin (mg. per liter)	43	11
Reaction in the body	alkaline	acid

MEDICINE

European orthodox medicine (synthetic drugs and surgery) is based upon predatory military logic and is organized to treat symptoms in a triage method. African medicine is organized wholistically to treat the spiritual, mental and physical causes of dis-ease. For instance, the body tries to maintain adaptability (which means adjusting holistically). Whenever the body is overloaded (biochemically imbalanced), it tries to get rid of the toxic (imbalanced) state. It uses urine and bowel movements to keep it free of toxins. If the urine and bowels fail to eliminate toxins, then the skin is used for a bowel movement (bumps, acne, blackheads, herpes, rashes, measles, smallpox, etc.). If this fails to cleanse the body, then the lungs and nasal cavities are used to get rid of toxins (sinuses, running nose, bronchitis, catarrh). The body uses a warning signal such as a headache to notify you of a toxic state. In African wholistic medicine, the cause of the toxic state would be treated with massage, acupuncture, aromatherapy, herbs and a cleansing diet. European medicine stops or suppresses the symptoms of disease with aspirin, cough suppressants, antihistamines, etc. This causes the body to remain toxic and these toxins cause dis-ease. The symptom treating system keeps the individual in a disease state. This causes Blacks' health to be exploited by diseases for economic profits.

DIET

The contemporary junk food and fast food diet is based upon denatured, highly refined, processed, genetically altered and synthetically chemicalized non-foods. This modern stuff looks like food, tastes like food, smells like food, but amounts to chemical waste (junk food) and a type of synthetic dirt.

The most damaging criminals in the modern diet are bleached white flour and white sugar. Bleached flour is constipating because it has no fiber (non-digestible roughage). Fiber allows food to exercise and cleans the digestive organs and leaves the body at a normal rapid rate. Bleached white flour is robbed of over twenty-two vitamins and minerals. White sugar has no fiber, no nutrients and increases the sugar level in the body beyond its natural level, which results in nutrient deprivation, diabetes, high blood pressure, nerve and brain damage, kidney failure and eye deterioration. Fried foods are non digestible, constipating, and partially used by the body. The combination of these foods with edible drugs such as preservatives, additives and dyes results in behavior control and chemical warfare upon the health. It is common knowledge that chemicals (drugs, aspirin, depressants, amphetamines) influence behavior and alters moods. The eating of these chemicals indirectly causes robotized nutritional slavery (limits the range of thoughts and wellness).

African coprolite (fossil food and feces) studies reveal a natural diet in Africans. The scientific analysis of coprolites verifies that Africans ate whole foods, bee pollen, herbs, nuts, vast variety of raw vegetables, and some cooked foods. Ancient fossilized African foods in no way resemble modern foods. Eating a processed food diet is against life and against the African culture.

African Empires, civilizations, music, art, philosophy, science, medicine and culture is built upon wholistic foods and medicine (*see* music, science and psychology chart). Blacks who eat a modern diet are being oppressed and enslaved by Caucasians through their stomachs. This dietary enslavement results in dis-eases, constipation and bodily destruction. Eating this modern junk food (chemical waste) results in the abandonment of Black acculturated diet and African cultural castration. Any social cry of Reparation, Human Rights and Black Liberation by a nation of constipated Blacks is a cultural joke. Blacks must revolutionize their diets and stop eating fast foods and eat slow foods (whole, unprocessed). There are no people who are free if they are controlled by another people's foods. Blacks must reclaim control of their stomachs and see African culture and Ma'at in the diet.

African wholistics is still a part of Black culture. Wholism in Black culture is based upon "concept." Concept is the inclusion of every part of a picture. For example, Black "concept." thinking (whole picture or story) when applied to health, as well as language, is evident. Blacks use the word "bad" and it has many meanings based upon the particular story (concept) in which it is used. "Bad" can mean fine, excellent, expensive, intelligent, sex and terrible. It takes its meaning from the context of the whole picture (story). However, Caucasian cultures' health, as well as language, is negatively analytical (meaning divide, good vs. evil, fragment, isolate). Subsequently, bad means bad and the further conjugation (i.e., badder, baddest) of the word are degrees of being bad.

European wholistics is not inherently concept-oriented. It is fragmented. Subsequently, it can analyze the nutritional worth of herbs and foods, not the intelligence of an herb or the spiritual use or purpose of the

herb. They isolate a dangerous chemical or nutrients of a herb and then conclude that the entire mixture of healing nutrients in the herb are dangerous. Furthermore, anything that cannot be done in a so-called scientific laboratory (analysis) does not exist. Often when Caucasian scientists mention African wholistic herbal use (a science of herbs over 10,000 years old), it is negatively called unscientific, voodoo, witchcraft, mysticism or cultural ignorance. This is Caucasian cultural bias and White racism. Actually, African-centered wholistic health, herbal medicine, healers and whole food diet utilize the total energies of the plants (spiritual, intellectual, nutrient) rather than the partial nutrient values. So, it followed that a whole (unprocessed) plant treated a whole person. The primary differences between European and African wholistic health is in the concept and analytical (fragmentation) approach. African wholism never divided, isolated a nutrient or fragmented a plant to understand its personality. Plant personalities are very specific properties associated with a particular plant. A "plant personality" causes it to treat, heat or cool a particular part of the body or organ. It also affects the speed or slowness of its use in the body. Each plant or treatment has a ritual and ceremony associated with the plant's cycle, the time of day it is picked, and the day of the week it is prepared. The zodiac sign, deity and/or the personality of the plant, patient, healer or dis-ease has to be given attention, primarily, because wellness or dis-ease represents a spiritual, mental and physical part of the culture. The culture dictates that the herb, as well as the person taking the herb, are in communion with God. Plant personality dictated the choice of plant (herb) to use in disease treatment. Isolating an herb's nutrient or chemical is like having two blind people describe an elephant—the one at the tail says the elephant is skinny, and the one at the foot describes the elephant as tall with a shell (toe nails). Isolating an herb's nutrient or chemical destroys its wholistic value and destroys the healing effect of its characteristics (plant personality).

The choice is simple. Blacks who accept another culture's definition of health, healing, medicine and food are enslaved by that culture via their stomachs. These nutritional slaves can be seen smoking tobacco and marijuana cigarettes (the lighting of them turns them into a synthetic chemical, a non-food which destroys the oxygenation of blood, produces poor quality sperm), using synthetic drugs, drinking sodas (a synthetic chemicalized liquid sugar), eating white sugar products (i.e., candies, pastries—which produce low and high blood sugar and sugar addiction), bleached white flour (produces vitamin deficiency and cancer), drinking alcohol (destroys brain cells), and eating denatured fast foods. These nutritional Uncle Toms and dietary slaves produce children who eat like Caucasians. They are slaves by African wholistic definition and Caucasoid Blacks. The "overlooked revolution" or Africanization of Black health (African-centered art and science of health) can no longer be overlooked!

MA'AT PRINCIPLES OF DIET

Use these principles as your diet guidelines. If you are hungry and have a craving for sweets, junk foods, fattening foods, alcohol, snack foods, etc., evaluate your emotions and reasons for craving and relate them to Ma'at principles. Question your emotions (feelings) and reasons based upon Ma'at.

Truth	Am I really hungry? Am I medicating emotions with junk foods/alcohol? Does my body need nourishment? Am I being a slave to my taste buds? Am I treating food as if it is a "slave" and my eating it as "the slave master"?
Justice	Does my choice of food give nutritional justice to my body or does it nutritionally starve my body?
Righteousness	Is the food good for God's Temple (my body)? Is there a healthy snack I can eat instead of junk?
Harmony	How does eating junk food serve my body and benefit my wellness?
Balance	Does eating this food maintain my biochemical balance or does it cause a negative drain of energy?
Order	Does the food follow the correct order (amount) of nutrients? (6 grains, 5 fruits or vegetables, 2 proteins – vegetable/meat, 8-10 glasses of water?)
Propriety	Is the food adding to my wellness and helping me to eliminate or decrease my intake of packaged, processed, synthetic, foods, dead animal flesh, cloned, hybridized, chemical-laced preservatives?
Compassion	Do I accept that my wellness adds to the health of my race and serves Ma'at or do I feel deprived when I do not eat junk foods?
Reciprocity	Am I using food to commit suicide, to punish myself, or to maintain low self-esteem or am I using it to reward myself? Does this food ultimately cause disease or wellness?

EAT SNACKS AND DYSFUNCTIONALITY (UNHEALTHY EMOTIONS AND/OR LIFESTYLES)

The tendency to like types of foods or snacks can indicate emotional problems. The food industry makes food that will appeal to the dysfunctional feelings, emotions and lifestyle of oppressed Africans. The industry uses psychologists to help create emotions and feelings for food and to connect subconscious desires to food. Oppressed African consumers tend to medicate (pacify) their feelings with sugar and salt. It is no accident that Blacks are largest consumers of salty potato chips and have the highest diabetes

rate. Caucasian oppression makes Black folks dysfunctional and then Caucasians profit from the dysfunctionality via snack foods. Aside from this, no animal, insect or plant eats snacks. They eat to satisfy hunger, not to medicate emotions. The following is a partial list of foods and emotions. There are many different combinations of snack foods that cover many types of subconscious desires to be healthy.

SNACK FOOD GROUPS

Type	Emotional Addictive Factor
Bready	Relieves feelings of insecurity and soothes dissatisfaction
Chewy	Relieves tension/stress and need to slow down and unwind
Creamy	Helps satisfy need to be nurtured and comforted
Crunchy	Helps release anxiety and social pressure caused by cultural abrasion (white control)
Salty	Redirects anger, frustration, violence
Sugary	Helps satisfy the need to give and/or receive love

MEDICINES, MACHINES AND IGNORANCE

The orthodox medical field (non-wholistic, non-natural) relies on machines and so-called technology. These modern machines, technology and gadgets are presumed to improve the human capacity to diagnose and treat the body. Similarly, it is assumed humans lack the ability to diagnose at the level of modern machines (i.e., computers). An examination of ancient medical theory, diagnosis and treatment can help to dissolve this modern primitive medical addiction to machines.

The history of medicine and medical treatments is well-defined. In fact, pre-Egyptian medical science was constructed by the same Black scientific intelligence that constructed calculus, nutrition, algebra, astronomy, physics and ecology. These natural wholistic scientific treatments, which used no contemporary fuel driven machines, gadgets or technology, are documented in the African "Eber Papyrus" (1500 B.C.), *Canon of Medicine* by Avicenna and the *Medical Papyrus of Amen-Hotep* (written over 2,000 years before Hippocrates' birth). Additionally, the Chinese *Pen Tsao* (around 1000 B.C.) further documents the scientific analysis of dis-ease states without machines. *The Yellow Emperor Classic of Chinese Medicine* also used looking touching and smell for diagnosis.

Contemporary medical technology is not an advancement in medicine, it indicates the failure of Caucasian medical science and is a sign of ignorance. Technology cannot replace the human ability, diagnose dis-ease by looking, touching and smell and perform treatments without drugs.

Ancient health practitioners taught the patient about herbs and healing. They instructed the patient on how to achieve higher wellness on a spiritual, mental and physical level. The medicine man was used as a human technology for the culture. Each individual was taught that all senses were active (Male Principle) and passive (Female Principle) and all dis-eases were active and passive and taught the spiritual and mental causes of disease.

The life (existence) of human beings is a combination of the past, present, future, ancestors, physical, mental, and spiritual. Each of these factors of life was sublimely analyzed. Consequently, an imbalance (disease) in any factor of life represented an imbalance in other factors. The African health practitioner had to first develop their own human detection sensitivity capacities by using Ma'at before they could treat the dis-eased individual. The healer used sight, music, touch, hearing, dance, smell, food, rituals and ceremonies as diagnostic and healing instruments. Therefore, electrical and fuel driven machines, gadgets and so-called modern technology were not needed. The healer had dis-ease detection intelligences on many levels and realized that Ma'at diagnostic wisdom is inherent in individuals, not machines. The machines used helped the healer diagnose, machines did not diagnose. It was wisdom of the manifested (physical) and unmanifested (spiritual) that guided the medicine men/women (healers).

Healers were guided in treatment by the wisdom that all organs are related to each other, in that the human developed as an undifferentiated mass (egg) in which all organs and organ systems were connected together (*see* the Chart Organ Regions). The organs began to specialize in function (i.e., lungs for breathing, etc.). However, they never lost their inherent connection to the whole body (*see* Acupressure Chart). In fact, every cell in the body possesses the genetic code (fingerprint of the body). Therefore, any part of the body can be used to analyze another part or organ. The internal organs have nerve endings in the feet, hands, head, teeth, tongue, etc. All organs in the body are connected (related) to each other, similar to the telephone systems in the world. The knowledge of the interrelatedness of bodily organs and parts combined with the healers' ability to use their body as a gadget, machine, technology and instrument for diagnosing and treating disease put the African healer on the highest level of science.

A fuel driven machine, gadget or technology does not possess wisdom or Ma'at. A machine, be it a bullet or a bomb, will kill an infant child or an enemy. Particles of metals or plastics do not possess wisdom, power or knowledge or Ma'at. A sophisticated computerized medical testing machine does not reflect the wholistic intelligence of humans. These machines reflect the interaction of particles of metal. No machine possesses more knowledge than its maker. No modern fuel (electrical) driven machine possesses the wisdom of Ma'at and power of the unmanifested (spirituality) of humans. A healer that relies totally on machines is reflecting ignorance and a lack of African-centered spiritual and psychic training.

Ancient African medicine was founded upon wholistic spirituality and Ma'at. This pre-Egyptian medical science is between 20,000 and 100,000 years old. In fact, it is the oldest medicinal science on this planet. The Westcar Papyrus (1550 B.C.) of the 18th Dynasty has stories from the early empires, which date before the Great Pyramid, and they make reference to priest/herbalist doctors of King Khufu (Cheops) of the 4th Dynasty (3800 B.C.). Most importantly, Herataf, son of King Khufu, mentions a surgeon named TET. African medicine used the full scope and capacities of wholistic calculus and other sciences. The realization that the spiritual fueled human body is an advanced technological instrument for diagnostic and treatment purposes was well known. The Caucasians with the lowest Melanin content can only understand between twenty-five to forty percent of the astronomy, magnetism and other mathematical concepts required to build the Great Pyramids in Africa. The Caucasians' limited understanding of the African mathematical concepts has resulted in the invention of the so-called modern machines of computers, spaceships, automobiles and nuclear bombs. The other seventy-five percent of the African astrology, health science and mathematics is beyond the scope of the Caucasian thought process. The African Rhind mathematical papyrus (1650 B.C.) is the oldest text on mathematics and it reveals that the remaining seventy-five percent of mathematics the ancient medical scientist used has not been interpreted. It can be seen that the ancient African scientist had the mathematical capacity to build machines of any type. Obviously, their advanced biochemistry and use of the body as a technological instrument is yet to be explained or understood.

Machines (modern gadgets) do not possess wisdom or Ma'at. Machines such as computers will send checks to dead people and death notices to live people. A thermometer will register the human temperature at 98.6 degrees. However, a thermometer cannot register (indicate) whether the temperament of the body temperature is moist, wet, dry, hot, earth, air, fire or water. The energy projected from the eyes is measured, identified as active (Male) or passive (Female) and classified by the temperament system. Eye-projected energy can be felt. An individual can feel another person staring at them while their back is turned away from the person. This is an example of the registering of eye energy upon the back. Ancient medical practitioners developed their ability to measure, identify and classify eye energy.

Wholistic abilities gave the medial scientist vast sublime resources for the diagnosis of dis-ease states and treatments. Each disease, organ and hormone has a sublime odor. Each organ produces a specific odor whether in a state of health or dis-eased. These odors were classified as sweet, bitter, salty, pungent, sour, active, passive, earth, water, air, fire and ethereal. Energy projected by the ears, pulse, nose, breath, hair and skin were diagnosed and classified. These are but a few of the sublime human abilities a medial practitioner developed and utilized in dis-ease detection and treatment.

The non-wholistic thinkers are trying to copy wholistic human abilities with machines. Machines can only use coarse energy (electrical, nuclear, gas, etc.) while humans can use fine mental, spiritual, emotional and physical energy. Humans are not limited to one energy input. Humans can use all energy (psychic, emotional, spiritual) to diagnose and treat dis-ease. A wholistic diagnosis of a wholistic human, gives a wholistic treatment. No machine, gadget or technology can wholistically perform this "unless it relies on the fuel of the human mind, spirit, emotion and body." *The House of Light* by Paul Ghaliounegve has further information.

Caucasian non-wholistic medicine (i.e., European) is using fragmentation and predatory military logic to duplicate African wholistic non-fuel driven machine medicine. Caucasian culture, medical science and civilization has failed to substitute electrical and fuel driven machines for human ability. This failure is reflected in the overabundance of Caucasian physical dis-eases, cultural psychosis (social wars) and spiritual failures (individuals profess belief in God and yet steal, lie, murder and kill for a particular government or self). It will continue to fail because Caucasian culture uses failure to manipulate and control people.

Ancient African wholistic health science produced many healing instruments. These Ma'at instruments required the usage of higher developed psychic and spiritual energy for their proper use. The names of these instruments have been distorted and acculturated by Europeans. Many of these healing and diagnostic devices are labeled as toys and games.

The games of "chess" and "checkers" are extracted from an African divination and healing device call Draughts. This device looks exactly like chess except the so-called playing board has 27 squares, which are laid out, in 3 rows of squares with 9 columns. Each column of nine squares represents the nine energy forces (Chakras) of the individual respectively; nine columns for the body, nine for the mind and nine for the spirit. The so-called playing pieces were placed in a Terra Cotta Bowl or cloth bag and mixed by shaking. Next, the pieces were removed (without looking) and placed on the board from right to left. The pieces have meanings similarly to "tarot cards." These divining statues (pieces) once placed on the board were read to diagnose the illness, social problem, emotional issues and prescribe treatment.

"Bowling" is an African healing and diagnostic and divination instrument mistaken for a game. Actually, it is the pyramidal and divining egg device. The so-called pins (chakras) were placed in a pyramid shape, each pin representing an organ, fate as well as spiritual, mental, emotional and social state. The divining egg (bowling ball) was programmed with the aura of the patient (a witness of cloth or hair was used). Then the ball was rolled to strike the pins. Next, the healer would read the pins based upon how they fell, the direction they lay in and according to astrology and what matrix they formed. Finally, the healer would then program the ball (egg) and strike the pins (chakras) in order to change fate or find a remedy.

The "sliding board" is actually the African "negative gravity ionic device." This instrument usually had an electromagnetically charged board and 12 (or 24) magnet charged steps. These steps (chakra planes) were used to recharge

the positive chakra while the board was used to stimulate the pineal gland and increase circulation to the brain. The patient would slide down the board head first and/or feet first according to the type treatment of necessitated.

The "swing" is another ill-named African healing instrument. The horizontal bar would support the swing; this bar would be suspended and attached to vertical support posts (three posts), which were arranged in a pyramid shape. The posts and the horizontal bar would be charge by magnets. Thus, the patient would swing through the electromagnetic force field; the alpha-gamma rays and the pyramidal energy field would cause a polarization of energies on a psychic and physical level. This is a Pendulum Pyramidal Healing Device.

The "see-saw" or African Electromagnetic Adjustable Alignment Board is an ancient healing device. It was arranged in a circular sphere according to the organ being treated (*see* Eye Chart). The alpha ray energy angular wave were used. The board was placed on a pyramid pivot with crystals or metals (*see* Crystal and Metal Charts) as a counterbalance for the dis-eased patient. Then, the patient would be caused to "see-saw" according to the rhythm vibrations (*see* Music Chart) of the dis-eased organ. This would result in polarization of the dis-eased organ. The internal organ vibration adjustments caused by the electromagnetic force field of board, pyramid, crystal and ionic wave force excited the healing care.

The above ancient African instruments are but a few of the many found in fossil remains, tombs and drawings. In the book *Supersensonics* by Christopher Hill, healing devices are scientifically explained and validated to function. A wholistic Ma'at life with higher human training was required for a healer to operate them. European invaders and grave robbers (archaeologists) believed the devices were toys and games. They can only use instruments that they can understand and validate by their science (primitive cartoon logic). *Magnetism and Its Effects on the Living System* by A. Davis and W. Rawls, Jr. can be used to further understand these devices.

African science is complex and yet based on the physiology of the body and taught systematically.

THE DECK OF CARDS

The Caucasians have reduced the deck of cards to a play toy. They are African in origin and had the symbolism of Egyptian Tarot cards and African astrology and spirituality. The cards were used to teach astrology, astronomy, mathematics, divining, spirituality and to diagnose and treat diseases.

A deck of cards has...

Two Colors	Red and black; active and passive; positive and negative; Male Principle and Female Principle; Masculine Signs (Aries, Gemini, Leo, Libra, Sagittarius, Aquarius and Feminine Signs (Taurus, Cancer, Virgo, Scorpio, Capricorn, Pisces).
Four Suits	Hearts, Clubs, Diamonds, Spades; the four elements (fire, water, air, earth); the four seasons.
Twelve Court Cards	Kings, Queens, Jacks; the twelve months of the year.
52 Cards	The 52 weeks of the year.
13 Cards in each Suit	The 12 signs of the zodiac and the sun; the body of Osiris that was cut into 13 pieces (dis-membered, so we must re-member).
Values of Numbers	Seven and nine. The *number seven (7)* is the center of each suit. Ancients believe there were seven planets. They are heavenly forces (seven planets) that symbolize Chakras; Ma'at and the Seven Halls of Osiris. There are seven days to a week. The *number nine (9)* as the last single number. The Cycle of experience; the number that includes all planets; and is the highest digit. After nine, there is "0" and the sequence starts over with "1." There are nine holes in the body (umbilical navel hole is closed).
The Joker	The "remnant of days" beyond the logical seven times fifty-two, to total our required 365¼ days for the Sun's travel in the solar year. This is more fully explained in the *Mystic Text Book.* The Joker is the "highest" symbol in the deck. Usually pictured as fate in a fools clothes. It is rejected or "played wild" in Caucasian card games. Its true significance is identical with that of the "0" or "Fool Card," in Egyptian Tarot. It also symbolizes "1" day that is part of the 365¼ day solar year. It is the spiritual element that completes the earth's existence (365 days).

Basic Characteristics of Personality or Disease

Fire Sign	Hearts = Aries, Leo, Sagittarius
Earth Sign	Spades = Taurus, Virgo, Capricorn
Air Sign	Diamonds = Gemini, Libra, Aquarius
Water Sign	Clubs = Cancer, Scorpio, Pisces

Quality of Personality or Disease

Cardinal (Outgoing, initiators, aggressive, illness) = Aries (Hearts), Cancer (Club), Libra (Diamond), Capricorn (Spade).

Fixed (resist change, originators, severe disease) = Taurus (Spade), Leo (Hearts), Scorpio (Club), Aquarius (Diamond)

Mutable (flexible, versatile, healing is fast) = Gemini (Diamond), Virgo (Spade) Sagittarius (Heart), Pisces (Club)

Suits of Cards

The order corresponds to the Seasons: Hearts, Clubs, Diamonds, Spades or Spring, Summer, Harvest, Winter.

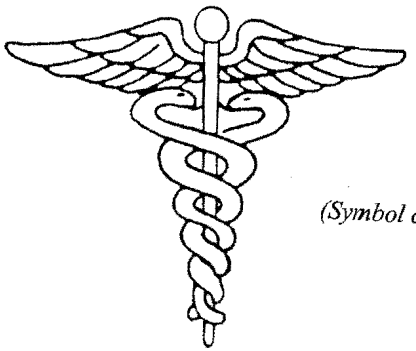
THE MYSTERY SYSTEM

The medical practitioners of Africa received formal education by being initiated in the mystery system. A medical student was selected for initiation just as students are selected for college via scores and personality profiles. The students (initiates) could participate in their education on a general educational level call Exoteric learning or on a higher level called Esoteric.

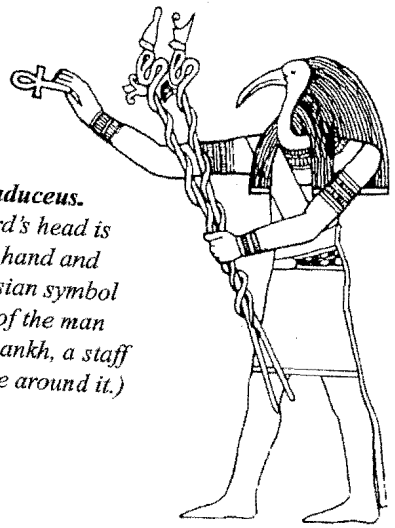
The mystery system has seven degree (levels or steps) of learning before completion. The first degree educates you in the coarse or base aspects of medicine and is known as Pastorphoros. This system is not confined to medicine and includes all known and unknown sciences. However, the initiate could be educated for a specific area (major) or talent or a combination of areas (majors). In any case, upon competition of the first degree the student advances to the Neocoros degree, which focuses on the structural energy of medicines such as the energy of shapes (squares, pyramids, triangles, obelisks). Then, the Melanophoros degree is studied whereby the student learns the energy forces of non-polarized energy such as the Melanin-DNA energy state, which is created between the death and life state.

In the Kistophorus degree, the student learns how to will the inherent law of plants, crystals metals, colors, magnets, music, etc. In the fifth degree of Balahate, the student learns the science of nature and interactions of alchemic laws. In the sixth degree of Astronomos, the student learns cycles, astrology and the manipulations of the cosmic forces and their reaction in the cells, thoughts, biochemistry, organs, bones, emotions, vitamins and minerals in the body and on the galaxy. In the seventh degree of the Propheta the student learns all the secrets of the higher mystery system and becomes a god (Master, Ph.D.). Interesting to note, the word god is not meant in the European orthodox sense. In African culture, if a chicken had offspring (children) they were called chickens and if God had children (man) they could be called gods. The title of god was earned via the mystery system and the application of Ma'at in the daily life. The course completion could take up to 13 years or more (a combination of high school and college). Today, the course has to be adapted, reduced and translated and put in a language conducive for the social condition Africans are in (White Supremacy). It has to be used as technology for African liberation.

The selection of a student into esoteric mystery system would take from two to three years. Hippocrates spent at the most extreme estimate two years or less in Africa. His knowledge of medicine would have been the esoteric or a general mystery system course. In other words, Greek and Caucasian medicine is based upon the first books (first degree) of African medical science. Yet, with this limited knowledge, Hippocrates cured approximately 3,000 people in his lifetime. He did not know blood circulated in the body. He used the books stolen from Africa along with the information taught by the Priest/Monk health practitioners of the Escalypius Temple cult.



Caduceus
(Symbol of Health Practitioners)



Original Ancient African Caduceus. *(The symbolic man with a bird's head is holding the Ankh in the right hand and snakes in the left. The Caucasian symbol uses the bird's wings instead of the man with a bird's head. Instead of ankh, a staff is used and the snakes entwine around it.)*